

嫡传杨家太极剑

AUTHENTIC YANGFAMILY TAI CHI SWORD

中国武术八段

傅声远 著



北京体育大学出版社



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杨家太极拳祖师 杨禄禅
(1799 年—1872 年)

Master of Yang Style Taijiquan (shadow boxing)
Yang Lu Chan



杨凤侯 (禄禅公 长子)
Yang Feng Hou



杨班侯 (禄禅公 次子)
Yang Ban Hou



杨健侯 (禄禅公 三子)
Yang Jian Hou





杨少侯 (健侯公 长子)

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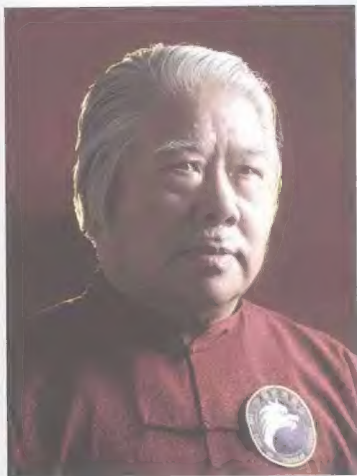
Fu Zhong Wen



傅宗元 (鍾文公 胞弟)

Fu Zong Yuan





傅声远 (傅鍾文之子)

中国武术八段

杨式太极拳亲族传人

世界永年太极拳联盟主席

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杨澄甫老师与弟子傅鍾文
Master Yang Chengfu and
disciple Fu Zhongwen



杨澄甫老师与弟子傅鍾文在广州
Master Yang Chengfu and disciple Fu
Zhongwen in Guangzhou



1932 年傅鍾文跟随老师杨澄甫到广州市政府教学
Fu Zhongwen and his master Yang Chengfu taught Taijiquan at Government
of Guangzhou City in 1932





傅声远和师伯崔毅士 (中)、牛春明
(右) 老师在上海

Fu Shengyuan and his senior
master Cui Yishi, master Niu
Chunming at Shanghai



傅鍾文 Fu Zhong Wen



傅鍾文与傅声远推手

Tuishou between Fu Zhongwen and Fu Shengyuan





傅声远傅鍾文父子在香港
Father Fu Zhongwen and son Fu Shengyuan at Hong Kong



傅氏三代在杨禄禅故居练拳
Three Fu generations practice Taijiquan at former residence of Yang Luchan



澳大利亚总理霍克亲切会见傅氏父子
Australian Prime Minister Mr. Bob Hawk gave an interview to father and son of Fu



中华全国体育总会顾问徐才与傅声远合影
Group photo of Xu Cai, adviser of Chinese Sport Association, and Fu Shengyuan



高歌武术文化

徐 才

12年前，声远先生所著《嫡传永年杨式太极拳》面市时，我曾于他写过一篇短序《将或永献给世界》以示祝贺。两年前国际武术联合会随着武术在世界蓬勃发展之势，决定今年5月为“世界太极拳月”。今年在这个“世界太极拳月”里，声远先生传出喜讯，他又有几本新书即将付梓，并再邀我为之作序。我深为这位移民海外的中华赤子之心所感动，所以接受了这项嘱托。

我首先要向已是76岁高龄的声远先生致敬：您真老当益壮，老有所为。从您的作为又能看到您教子有方，代代相传祖业的心路。真是上天不负苦心人。傅钟文、傅声远、傅清泉太极世家三代人，定当一代胜似一代。

20年前，声远先生怀着把太极拳多播海外的虔诚之心移民澳大利亚。时间催人老，也催人的事业兴。声远到了澳洲不顾年龄增长奋力进取，把太极拳这个中华武术的品牌在四十多个国家传播得风风火火，他以澳大利亚为立足点，每年旅游四方。这正如美国著名的未来学家奈斯比特（John Naisbitt）在《亚洲大趋势》书中所说：“西方正在学习适应东方化，而澳大利亚则首当其冲。”声远先生在海外传拳授学，就像他的父亲傅钟文大师那样，不只是传授而且传理，还要传德。这“三传”是声远先生执教之道，也是他为人人品。我衷心祝愿海内外热心传播中华武术的朋友，在“三传”上推下和夫，努力把中华武术、武理、武德广泛传播人间。

声远先生在海外授拳创业，20年可谓成绩斐然。这些年他勇于探索，勤于笔耕，以图书和影带形式向海内外习武者贡献了太极拳的文化财富。在多元化的当今世界，不同文化的交流与交融是个大趋势。不久前我从报纸上读到一篇文章说：“与中国对外贸易‘出超’相比，中国的对外文化交流和传播则是严重‘入超’，存在‘文化赤字’。”这个论断引起我强烈共鸣。是啊！中国是具有五千年历史的文明古国，有着十分丰富的文化遗产，如今中国人民又在创造着崭新的文化财富。为什么在文化“出口”方面我们处在一种弱势状态呢？这恐怕与我们对固有的文化强势认识不足，对人类文化的互相借鉴，彼此渗透认识不足有关。这里说一个至今仍能鼓舞国人奋力传播中华文化的一位先辈人士，他就是清末在西方世界弥漫着歧视中国、歧视中华文化的氛围下，率先以流畅的法文撰写《中国人自画像》、《中国人的快乐》、《中国戏剧》等书，向世界介绍中国和中华文化的陈季同。陈季同是福建人，他与同属闽籍的辜鸿铭、林语堂是近代中国人用西文向世界介绍中国和中华文化的“福建三杰”。他们的作为对当今盛世中国的文人武士具有莫大的启示意义。可喜的是在中华武术走向世界的潮流中，已经出现一批以精湛的术和深情的笔墨向世界展示武术风采的专家，声远先生就是其中之一。我深切期望海内外武术家携手高歌武术文化，造福于人类的健康、益智、养性，共创和谐社会和和谐世界！

2006年5月于北京

太极剑练习之要点

一、头部要“虚灵顶劲”，所谓虚灵顶劲，就是说，头要自然，正直，不可用强劲，而精神要提得起，目光要向前平视，要看得远，口要似开非开，心要似闭非闭，口呼吸鼻吸，任其自然。

二、身躯要中正而不倚，脊梁与尾闾要垂直而不偏。在动作变化中，必须做到含胸拔背，沉肩坠肘之要领，初学时一定要注意，否则日子久了，成了习惯就很难改了。

三、两臂关节都要放松，要沉肩坠肘：所谓“沉肩”，肩要松开而下垂，如果不松垂，两臂扛起，气也必定随之向上，全身也就不得力了；所谓坠肘，一定要往下松坠，肘如果向上抬起，肩也就不能下沉。“掌”必须自然伸张。“于父”要微微伸屈，凡做“双指”并拢动作时，手指必须自然伸直。

四、手腕的运用最多，所以必须特别注意手腕的运用方式，手握剑柄不能太紧，要松而活。更要掌握剑的运转变化，就能做到随心所欲，运用自如。反之，将会导致呆板，手腕不灵活。在完成动作的点、撩、刺等劲力时，应将内劲贯于手腕，在此一刹那间必须以手紧握剑柄，动作再变换时，手又放松，如此周而复始地完成整套动作。

五、腰为一身之主宰，能“松腰”，足就有力量，下盘就稳固。每个动作的虚实变化全由腰转动，在练习中动作有不得力处，这与松腰不开有很大关系。

六、两腿必须虚实分清，太极拳术以分虚实为第一义，太极剑也是如此。如全身重量坐于右腿时，则右腿为实，左腿为虚；全身重量坐于左腿时，则左腿为实，右腿为虚。能分清虚实，动作转换就轻灵自如，避免板滞；如虚实不清，迈步就重滞不活。所谓虚者，并非虚无，其势还没有断，仍留有伸缩变化之余意，所谓实者，不能过力用猛力之意，只是充实而已，身腿前扑，就失去中正。

七、两腿的前进后退，忽左忽右变换时，必须起落犹似独行，起步落步，脚尖点地要轻灵。

八、要“贯串气”。太极剑与练太极拳一样用意不用力，身体各部都要协调一致，上下相随，一动无有不动，要注意剑法和手法、步法、眼神的密切配合，整个套路自始至终相连不断，气贯成。

九、如何掌握速度的快慢问题。在初学时，宜慢不宜快。与初学太极拳一样，需认真把握好每一个动作的准确性，在整个套路完成以后，再经过一段时间的熟练过程，然后就可以加快速度。但不能只图快而忽略了每一个动作的完整性，同时还要保持速度的快慢均匀，不要有忽快忽慢、快慢不均和迟钝的现象。一般练一套时间在2分半钟至3分半钟左右。

十、全身关节必须松开自然，口腹不可闭气，四肢腰腿不可引起强劲，精神能提得起，自然举动轻灵，心要静，思想集中，将意识贯注到动作上去。

十一、练习时间及地点：每日起床后或睡前先练一至二遍太极剑或太极刀，再进行太极拳的练习。如有条件，一日之中多练几次更好。但必须注意醉后、饱食后不宜锻炼。练习地点以庭院或厅堂，空气流通，光线充足为好，必须避免对吹之风，与有阴湿雾气之所。因为身体在运动中，呼吸必然深长，毛孔开放，故热风与雾气如吸入腹中，将有害肺脏，容易得病。在练习过程中如出汗过多，切忌脱衣、裸体，或用冷水冲洗。无论冬夏练习时服装以长袖，长裤为宜。



Important Points in Your Practice of the Tai Chi Sword

1. Hold the head straight with ease

When you practice the Tai Chi sword, hold your head erect to enable the spirit to rise. The head and neck are held naturally straight without using hard force. Gaze out at eye level as if looking into the horizon, being concentrated but lively. The mouth is neither open nor closed with tight lips. Breathe in through the nose and out through the mouth naturally without forcing your breath.

2. Hold the body straight from the crown of the head to the coccyx

The body needs to be straight. Pay attention to the spine, especially the coccyx. When you first learn, it is important to keep the chest relaxed and the back raised, shoulders dropped, and the waist turning. If not, bad habits formed in these areas will be hard to correct. If your practice is inaccurate, you will not obtain the desired results, even though you spend a lot of time and energy.

3. Sink the shoulders and the elbows

The shoulders should relax and hang downwards. If the shoulders are raised, the chi will rise and the body will not be able to issue power. The elbows must also relax and point downwards. If the elbows are raised, the shoulders will become tense. The fingers should be held naturally straight, not rigid.

4. Wrists

The correct use of the wrists is of great importance in Tai Chi sword. The sword should be not to be held too slightly, otherwise it will not look relaxed and alive. It is important that your grip enables the sword to move freely. Once you are holding the sword correctly, then you will be able to move it naturally according to your intention. If not, your wrist will lock and the movement of the sword will be stiff. At the end of the movements which require power such as pointing, chopping, slicing, and stabbing, you need to put the jin in the wrist and tighten the grip at the end. When you go on to another movement, your grip needs to be relaxed. Depending on the situation, you loosen or tighten the grip as necessary throughout the form. (*Jin—as a result of correct and daily practice of the authentic Yang Style Tai Chi form, you will gradually develop this power called jin, which is different from hard force. You will only experience jin when your practice has reached a certain level of maturity.)

5. Relax the waist

The waist is the commander of the body. If the waist is relaxed and loosened, your legs will be stable enabling you to issue power. Changes in solid and empty derive from the movement of



the waist. If you lack power in your movements, check that your waist is relaxed and not leaning in any way.

6. Distinguishing solid from empty

Distinguishing solid from empty is a fundamental principle of the Tai Chi form, which applies equally to the sword. If your body sits in your right leg, then your right leg is solid and your left leg is empty, and vice versa.

7. Moving like a cat

Whenever you move forward or backward, or change direction to the right or left, your stepping needs to be light and stable like that of a cat. Always ensure that the toes of the empty leg touch the ground very lightly.

8. Continuity

As in the Tai Chi form, when you practice the sword you need to keep the movements continuous. Use your intention to lead the movement, not hard force. Coordinate every part of your body. Seek serenity in the movement. You need to pay attention to the arm which is holding the sword, the other arm, your stepping, and your gaze, so that they are in harmony. Form the beginning to the end, the whole form needs to be as smooth as one breath.

9. Speed

When you first learn, it is better to go slow than fast. Just like learning the Tai Chi form, pay attention to the accuracy of the movement. After some time when you become familiar with your sword form, then you can practice it a bit faster. However, you must finish every movement accurately and properly. The speed needs to be smooth throughout; not suddenly too fast with some movements and too slow with others. If the correct speed is not understood, then the form will appear rushed or sluggish. It takes approximately three minutes to do the form.

10. Be natural

Make sure that you are moving all the joints in each movement. Keep relaxed and natural. Don't try to hold or force the breath. Your mouth and abdomen should stay naturally relaxed. Avoid using hard force with the four limbs and waist. All movements should look lively and spirited. The mind should be quiet and focussed, constantly directing even the smallest movement.

11 General training tips

Besides your Tai Chi form, it is recommended that one practices the Tai Chi or sabre two to three times in the morning, or night. If you have the time, do more repetitions. Don't practice on a full stomach or after consuming too much alcohol. It is more beneficial to practice outdoors or where there is plenty of fresh air. Avoid practice in a windy area or a damp place. During your Tai Chi session, your breathing will naturally deepen and the negative effects of dampness, wind or foul air. Even though you may be perspiring, it is inadvisable to take your top off or to have a cold shower immediately. It is advisable to wear a long sleeved top to practice in both winter and summer.



太极剑动作名称

预备势

- 1 三环套月 (接剑式)
- 2 魁星式 (独立反刺)
- 3 燕子抄水 (扑步横扫)
- 4 左右边拦扫 (向左右平带)
- 5 小魁星式 (左虚步撩)
- 6 燕子入巢 (弓步直刺)
- 7 灵猫捕鼠 (垫步前跃下刺)
- 8 凤凰抬头 (弓步平挑)
- 9 黄蜂入洞 (转身下刺)
- 10 凤凰右展翅 (弓步右扫)
- 11 小魁星 (左虚步撩)
- 12 凤凰左展翅 (左弓步右点)
- 13 等鱼势 (虚步点剑)
- 14 左右龙行式 (左右前刺)
- 15 宿鸟投林 (独立上刺)
- 16 乌龙摆尾 (虚步下截)
- 17 青龙出水 (左弓步刺)
- 18 凤卷荷叶 (转身斜带)

- 19 左右狮子抬头 (退步左右横扫)
- 20 虎抱头 (揉膝捧剑)
- 21 野马蹿涧 (垫步前跃下刺)
- 22 勒马式 (右侧背剑式)
- 23 指南针 (弓步直刺)
- 24 左右迎风掸尘 (左右弓步撩点)
- 25 顺水推舟 (进步反刺)
- 26 流星赶月 (反身回点)
- 27 天马飞瀑 (虚步点剑)
- 28 挑帘式 (独立平托)
- 29 左右车轮 (左右轮扫, 弓步前点)
- 30 燕子衔泥 (虚步点剑)
- 31 大鹏展翅 (撤步右横扫)
- 32 海底捞月 (右弓步撩)
- 33 怀中抱月 (退步拖剑)
- 34 哪吒探海 (独立下刺)

- 35 犀牛望月 (弓步平托剑)
- 36 射雁式 (虚步回抽)
- 37 青龙现爪 (跟步平刺)
- 38 凤凰双展翅 (左右横扫)
- 39 左右跨栏 (左右平托剑)
- 40 射雁式 (虚步回抽)
- 41 白猿献果 (虚步横点剑)
- 42 左右落花 (左右退扫)
- 43 玉女穿梭 (剑身弓步下刺)
- 44 白虎摆尾 (转身上挑)
- 45 鱼跳龙门 (垫步上跃前下刺)
- 46 左右乌龙绞柱 (左绞扫、右绞点)
- 47 仙人指路 (弓步剑下刺)
- 48 朝天一柱香 (弓步竖剑)
- 49 风扫梅花 (旋转平扫)
- 50 牙箭式 (上步前上刺)
- 51 抱剑归原

THE SEQUENCE OF SWORD MOVEMENTS OPENING STANCE

1. THREE RINGS ENVELOPE THE MOON
2. THE BIG DIPPER
3. SWALLOW DIVES ON WATER
4. PARRY TO THE RIGHT AND LEFT
5. THE LITTLE DIPPER
6. SWALLOW RETURNS TO THE MOUSE
7. SPIRITED RAISES ITS HEAD
8. PHOENIX RAISES ITS HEAD
9. YELLOW BEE ENTERS THE HIVE
10. PHOENIX SPREADS RIGHT WING
11. THE LITTLE DIPPER
12. PHOENIX SPREADS LEFT WING
13. WAITING FOR THE FISH
14. DRAGON GOES LEFT AND RIGHT
15. BIRD RETURNS TO THE WOOD
16. DRAGON SWINGS ITS TAIL
17. DRAGON EMERGES FROM WATER
18. LOTUS LEAF BLOWN BY THE

- WIND
19. LION SHAKES ITS HEAD LEFT AND RIGHT
20. TIGER HOLDS ITS HEAD
21. WILD HORSE JUMPS OVER RIVER
22. REIN IN THE HORSE
23. COMPASS
24. DUSTING IN THE WIND, LEFT AND RIGHT
25. PUSH THE BOAT TO FOLLOW THE CURRENT
26. SHOOTING STAR CHASES THE MOON
27. HEAVENLY STEED FLYS OVER WATERFALL
28. RAISE THE CURTAIN
29. LEFT AND RIGHT WHEELS
30. SWALLOW PICKS UP MUD
31. GIGANTIC BIRD (ROC) SPREADS ITS WINGS
32. RAISE THE MOON FROM THE SEA-BED
33. CRADLE THE MOON AGAINST YOUR CHEST
34. BOY BUDDHA LOOKS IN THE SEA

35. RHINOCEROS ADMIRES THE MOON
36. SHOOTING WILD GEESE
37. DRAGON SHOWS ITS CLAWS
38. PHOENIX SPREADS ITS WINGS
39. STRIDE OVER THE HURDLE
40. SHOOTING WILD GEESE
41. WHITE MONKEY PRESENTS FRUIT
42. A FLOWER FALLS, LEFT AND RIGHT
43. FAIR LADY WORKS THE SHUTTLE
44. WHITE TIGER SWINGS ITS TAIL
45. FISH JUMPS OVER THE DRAGON GATE
46. DRAGON WRAPS AROUND PILLAR
47. FAIRY SHOWS THE WAY
48. WORSHIP THE SKY WITH ONE INCENSE STICK
49. WIND SWEEPS THE PLUM FLOWER
50. HOLDING AN IVORY TABLET
51. RETURN TO THE START TO FINISH





预备势 (1-3 图)

1



2



3

预备势

面向南背北方向，两脚尖朝南，双脚与肩等宽平行站立，左手反持剑平，身体左侧，食指中指紧贴剑把，其余三指自然并拢，右手手心向里自然下垂，眼睛平视前方。(图 1-3)

注意：直立时要含胸拔背，尾闾中正，自然而立，呼吸自然，手握剑不要太紧，剑要竖直，不可左右歪斜或贴靠身体。

OPENING STANCE

Stand with toes in line in a shoulder-width stance facing south. Hold the sword upright in your left hand, your first and middle fingers along the handle and your thumb and other fingers around the handle. Your left palm faces south. Your right palm faces towards your right leg naturally. Look horizontally ahead into the distance. (Fig1-3)

Point to note:

- Do not puff out your chest.
- Align your spine vertically.
- Stand naturally.
- Do not grip the sword tightly.
- Hold the sword vertically, not too close to the body.
- Breathe naturally.
- The mention of the "first and middle" fingers or "two fingers" pointing through, out this book always refers to the index and second fingers.



三、环套月 (4-8 图)

一、三环套月（接剑式）

1. 两臂呈弧状自然抬起，剑与肩等高时，反身旋转 45 度。
2. 垂、移、升、握，同时微屈，左腿自然抬起，脚尖下平，同时右手握平中柄前，右手手中食剑指并拢向西南方，眼睛与剑指所指方向一致。
3. 左腿向前伸成弓步，身体向前倾 45 度，右手于手心剑随身体转至臂左，右手剑指随身体向前伸向平推，然，虎手腕一挑抬上腿，眼前正前方为一直线（图 4）。
4. 左腿以脚跟为轴向左旋转脚尖，左腿微屈，右腿挺伸体正，脚尖正地成步法，上体中正，左手提剑向前，右手向前前划弧，扶持剑穗（图 5）。
5. 右腿抬起，脚跟离地，脚尖向前左方转 45 度，左腿向前，左脚一步，分手划弧，成空剑式，此时剑锋平指北方。（图 6-8）

注意：尾闾中正，呼吸自然，含胸拔背，虚实分清，思想集中，动作连贯，眼睛平视前方。

1 THREE RINGS ENVELOPE THE MOON

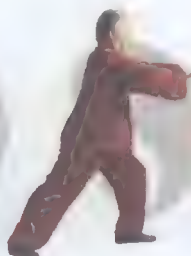
Raise both arms forward naturally to shoulder height, palms up (Fig 4).

Carole both hands at 45 degrees and drop them to your sides, bringing the sword behind your left arm. Hold the sword vertically upwards using the same grip as before, left palm facing north (Fig 5).

Sit on your right leg. Raise your left leg, left toes pointing down. Raise your left hand in front of your chest. At this stage, your left hand points west while the sword points east. Your right hand (two fingers) points southwest (Fig 6).



7



8



二、魁星式 (9-13 图)

8

Step eastwards with your left leg, turning your body 90 degrees to the left to take up a bow stance facing east. Your left arm follows your body to the left holding the sword vertically by your side. Your right hand (two fingers) points east (Fig 7).

Pivot on your left heel to the northeast. Left leg is solid. Put your right toes forward lightly on the ground. Right leg is empty. Keep your body straight. Take the sword forward as you bring your right hand towards your chest in a circular motion to hold the tassel (Fig 8).

Withdraw your right foot and release the tassel (Fig 9).

Step forward onto your right leg, toes pointing southeast (Fig 8).

Step forward with the left leg into a bow stance facing east. Circle your arms forward to cover your left hand with your right hand. At this stage, the sword points north (Fig 9).

Points to note:

- Keep your back straight.
- Breathe naturally.
- Relax your chest.
- Keep empty and solid clearly defined.
- Look horizontally into the distance.

二、魁星式 (独立反刺)

1. 左腿以脚跟为轴，向南转 90 度，右脚抬起，落地与左脚成 45 度，同时剑交右手，右手握剑，由身前划弧转腕挑剑，左手剑指（中指、食指）配合右手直指右腕。

2. 右手从右绕圈，剑剑指向正东方，左手配合，向右向左绕圈坐腕，同时左腿提膝，脚尖下垂，右脚脚尖指向东南，右腿自然直立。（图 9-13）



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注意：眼要远视前方，独立时立势要稳，但不可紧张用力，放松而有精神，举剑要平直。

2 THE BIG DIPPER

Pivot 90 degrees on your left heel to point the left toes south. Take the sword with your right hand (Fig 9) .

Raise your right leg and bring it towards your left leg. (Fig 10) .

Place your right leg on the ground, toes pointing southeast. Raise your left heel (Fig 11) .

Point the sword to the west at waist level (Fig 12) .

Raise your left leg. Point the sword to the east at head level. Your left hand (two fingers) follows the sword, two fingers pointing up as left hand sits on its wrist. Left knee points up as left toes point down. Right toes point southeast. Stand naturally straight on your right leg. (Fig 13)



13

Points to note:

- Look horizontally forward into the distance.
- Relax with spirit.
- Maintain a steady balance on one leg.
- Right elbow relaxes and points down.



二、燕子抄水 (14-16 图) 14

15

16

三、燕子抄水 (扑步横扫)

1. 右臂屈肘，落入臂，向西南斜上方撩剑，左手屈肘配合，食指和中指并拢，直指右腕，目光和剑尖所指方向一致。(图 14)

2. 身体重心下降，落剑划弧向东北方向横扫，左脚向东北方向伸出成弓步，左手划弧上撩，剑指上翘。(图 15-16)

注意：点剑时要向上，划弧要明显，弓步忌“丁”字，左手配合要协调（上撩时注意垂肘）。

3 SWALLOW DIVES ON WATER

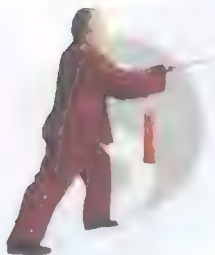
Circle the sword towards the southwest to cut downwards. Left hand (two fingers) points towards sword. Left elbow bends naturally. First and middle fingers of left hand touch each other. They are near the right wrist but not touching it. Look in the direction of the sword which points diagonally up (Fig 14).

Sink your body. At the same time, lower the sword. (Fig 15).

Raise the sword, turning towards the northeast to cut horizontally. Step forward into a bow stance with your left leg, left toes pointing northeast. Left hand (two fingers) circle down and up (Fig 16).

Points to note:

- Sword points diagonally upwards.
- Precisely control the sword movements.
- Do not make your stance too narrow.
- Coordination left and right hand movements.



四、左右边拦扫 (17-18 图) 17

18

四、左右边拦扫 (向左右平带)

1. 抬右腿向前上步，或弓步，同时翻剑向东南平推，左手食指配合点右腕，眼睛向前方平视 (图 17)

2. 抬左腿向前上步，或弓步，同时翻剑向东北平推，左手配合，食指点右腕 (图 18)

4 PARRY TO THE RIGHT AND LEFT 17-18.

Step to the southeast with your right leg into a bow stance. Turn your right palm down and parry to the southeast with the sword held horizontally. Left hand (two fingers) follows the right wrist. Look horizontally forward, rather than upwards or downwards. (Fig 17)

Step to the northeast with your left leg into a bow stance. Turn your right palm up and parry to the northeast with the sword held horizontally. Left hand (two fingers) follows the right wrist (Fig 18).

Points to note:

- Do not pause between steps 1&2.
- Coordinate hand and leg movements.



五、小魁星式 (19 图) 19 六、燕子入巢 (20-21 图) 20

21

五、小魁星式 (左虚步撩)

抬右腿向东南、上，同时绕腕向东南提剑，剑尖朝斜下，同时左脚向东南上步成虚步，重心坐于右腿，左手配合，剑指点右腕。(图 19)

注意：尾闾中正，虚实分清，含胸拔背，眼视前方，提剑时剑尖要朝斜下

5 THE LITTLE DIPPER

Sit on your left leg and raise your right leg. Step towards the southeast with your right leg, circling the sword down and slightly up to your right. Touch your left toes forward on the ground, with your left leg empty. Center yourself on your right leg and sit. Left hand (two fingers) touches the right wrist (Fig 19).

Points to notes:

- Look forward horizontally.
- word points diagonally downward.

六、燕子入巢 (弓步直刺)

左脚抬起，以右脚前掌为轴，反转 180 度，转体时呈弧状分臂，落左腿，双手抱剑向西北斜下刺 (图 20-21)

注意：尾闾中正，虚实分清，上下相随，动作一致，转体时以腰为主，下刺时双臂忌直，应当呈弧形。



七、灵猫捕鼠 (22-25 图) 22



23

6 SWALLOW RETURNS TO THE NEST

Turn your body 180 degrees to your left by pivoting on the ball of your right foot, at the same time raising your left leg. As you turn your body, you should open your arms and circle them back (Fig 20).

As you step forward into a bow stance with your left leg you should join your hands to hold the sword with both hands, then pierce diagonally downwards to the northwest (Fig 21).

Points to notes:

- Coordinate hand and leg movements.
- Turn your waist to the left as you pivot on the ball of your right foot.
- Arms should not be straight but rounded with elbow slightly bent.

七、灵猫捕鼠 (垫步前跃下刺)

1 左脚脚尖抬起回左转 45 度, 同时右脚提膝, 脚尖自然下垂, 双手回缩, 下带剑柄, 此时剑尖上挑。

2 下坐左腿, 右脚上步, 落地弹跳, 弹跳时, 剑随体动呈波浪形, 落地时成弓步, 落地时, 左手从侧前划弧上撩, 剑指上翘, 右手挥剑向西北斜下刺, 视线方向和剑尖一致 (图 22-25)

注意: 尾闾中正, 含胸拔背, 动作连贯。弹跳时轻松自然, 落地稳健。左手上撩时注意垂肘, 右手握剑要对地斜下刺, 剑直。要保持弧形。



24



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26

八、凤凰抬头 (26图)

7 SPIRITED CAT CATCHES THE MOUSE

Pivot 45 degrees on your left heel. Raise your right knee, toes pointing down naturally. Using both hands, withdraw the sword slightly to point diagonally upwards. (Fig 22)

Sit on your left leg. Step forward with your right leg. (Fig 23)

Raise your left leg and prepare to jump. (Fig 24)

Jump onto your left leg and step forward into a bow stance with your right leg. Letting go of the sword with your left hand, circle your left hand (two fingers) upward and forward. With your right hand, pierce diagonally downwards with the sword to the northwest. Look in the direction of the sword. As you jump, raise and lower the sword in a wavelike motion. (Fig 25)

Points to notes:

- Hands and legs move in concordance without pausing.
- Jump naturally in a relaxed manner.
- Maintain a steady balance at all times.
- Relax your left arm with its elbow pointing downward.
- Keep your right arm rounded when piercing with the sword.

八、凤凰抬头 | 弓步平挑

左手剑指下落直指右腕，同时配合右手屈腕挑剑，剑尖朝右斜上。(图26)

注意：双手配合协调，眼神和剑尖所指方向一致，注意双臂呈弧形，挑剑时注意垂肘。



九、黄蜂入洞 (27-31 图)

27



28

8 PHOENIX RAISES ITS HEAD

Move your left hand down towards your right wrist. Simultaneously, using a wrist action, raise the point of the sword to point diagonally upward (Fig 26).

Points to notes:

- Coordinate left and right hand movements.
- Look in the direction of the sword.
- Keep arms rounded, rather than straight.
- Light elbow points downward.

23

九、黄蜂入洞（转身下刺）

1 屈腕剑指西南，同时右腿以脚跟为轴，转 90 度，坐右腿，剑指上挑。

2 抬左腿脚跟着地，脚尖向前，左手成弧状通腰转动，而右腿脚跟落地，脚尖指向北方。抬左腿向前上步成弓步，同时双臂呈弧状合一合，向西上斜下刺。（图 27-31）

注意：动作以腰为主，尾闾中正，含胸拔背，上下相随，配合协调。注意转体动作自始而终为 360 度，目光和剑尖所指方向一致。

9 YELLOW BEE ENTERS THE HIVE

Circle your right hand towards the southwest to turn the edge of the sword southwards, the sword to be positioned horizontally in front of your chest. Simultaneously, turn 90 degrees on



29



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your right heel and sit on your right leg (Fig 26) .

Turn your waist to the left (Fig 27) .

Points to notes:

- Look in the direction of the sword.

Raise your left leg and step on to its heel, pivoting the left foot on its heel to point its toes to the northeast. Circle your left hand to the left to follow the turning of the waist (Fig 28)

Raise your right leg and step on to its heel, pivoting the right foot on its heel to point its toes to the north. Open your arms by circling your hands backwards (Fig 29).

Sit on your right leg and raise the left leg (Fig 30) .

Step into a bow stance with your left leg towards the northwest. Hold the sword with both hands and pierce downwards (Fig 31) .

Points to notes:

- Keep your waist centered.
- Coordinate hand and leg movements.
- Turn 360 degrees.
- Look in the direction of the sword.



子，凤凰右展翅（32-33图） 32

33

十、凤凰右展翅（弓步右扫）

转侧身指正西，同时左脚尖脚跟旁侧向东北转90度，左手剑指以手腕一扭右腿同时转侧向东南弓步成弓步，两臂呈弧形由前分开，剑由东南斜上横击，左手呈弧形，剑指由西北斜上翘。（图32-33）

注意：动作以腰为主，横击时两手紧密配合，反刺横击是个渐渐的过程。弓步忌“丁”字，点时注意垂肘。

10 PHOENIX SPREADS RIGHT WING

25

Letting go of the sword with your left hand, circle your right wrist to point the sword westwards. At the same time, pivot 90 degrees on your left heel to point your left toes northeast. Left hand (two fingers) touches the right wrist (Fig 32).

Raise your right leg, turn your waist towards the southeast, and step into a bow stance towards the southeast. Open your arms slowly in a circling motion to cut with the sword. Sword points diagonally upward to the southeast. Left hand (two fingers) circles toward the northwest as you cut with the sword (Fig 33).

Points to notes:

- The correct turning of the waist is vital.
- Coordinate left and right hand movements to separate them slowly.
- Bow stance should not be too narrow.
- Right elbow points downward in a relaxed manner.



1 小魁星 (34-35 图)

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35

2 凤凰左展翅 (36 图)

36

十一、小魁星 (左虚步撩)

左腿后坐，抬右腿，脚尖下垂。同时剑柄向后绕圈，右脚向东南1步，提剑成虚步，左手配合，剑指点右腕。(图34-35)

注意：尾闾中正，虚实分清，含胸拔背，动作连贯协调。提剑时注意垂肘，虚步时脚尖点地。

11 THE LITTLE DIPPER

Sit on your left leg. Raise your right leg with the toes pointing down. Circle the sword backwards towards your left. Step forward with the right foot, toes pointing southeast. Circle the sword slightly up to the right. Place the left toes forward on the ground, keeping the left leg empty. Left hand (two fingers) follows right hand to touch at the wrist. (Fig. 34-35)

Points to notes:

- Do not pause in the middle of the movement.
- Seek concordance and smooth continuity in your movements.
- Right elbow relaxes to point down.
- Left leg remains empty with toes touching lightly on the ground.

十二、凤凰左展翅 (左弓步右点)

左腿向后移步，脚尖对准北方，两臂分开，左手向西北方撩，右手向东南微升。(图36)



十二、等鱼势 (37-38 图) 37

38

12 PHOENIX SPREADS LEFT WING

Step back with your left leg, with your left toes pointing north. At the same time, open your arms. As you open your arms, your right hand moves the sword in a southeasterly direction with its blade pointing diagonally downward. Your left hand (two fingers) moves in a northwesterly direction, lifting lightly (Fig 36).

Points to notes:

- Seek concordance in arm and leg movements.

十三、等鱼势 虚步点剑

27

剑自右向左划弧反点，左手剑指配合指向剑柄后端，右臂回缩，面向正东成虚步 (图 37-38)

注意：眼随剑身转动，转时以腰为主，尾闾中正，虚实分清，动作协调，剑柄正对腋下剑尖指向正南

13 WAITING FOR THE FISH

Turn the sword around to cut downwards with the hilt of the right hand facing upwards. Left hand (two fingers) follows the sword to point at the hilt. Raise your right leg, move it back, then forward to touch the toes tightly on the ground. The right leg is empty (Figures 37 - 38).

Points to notes:

- The eyes follow the turning of the sword.
- The turning of the waist is vital.



十四、左右龙行式 (39-41 图) 39

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十四、左右龙行式 左右前刺

1. 收右腿后半，微回东南上步成弓步，同时带剑回握，翻剑向东北斜刺（微斜）。
2. 上左腿回东北成弓步，剑柄回握，翻剑向东南斜刺（微斜）。
3. 上右腿回东南成弓步，剑柄回握，翻剑向东北斜刺（微斜），（图 39-41）。

注意：动作以腰为主，上下相随，尾闾中正，动作协调，弓步成“丁”字，目光与剑尖所指方向一致。左手配合要协调。

14 DRAGON GOES LEFT AND RIGHT

Raise your right leg, bring it back, then step forward into a bow stance, toes pointing southeast. Withdraw the sword to your right, then pierce towards the east and slightly north. The heart of the right hand faces downward. Left hand (two fingers) touches the right wrist. (Fig. 39).

Step forward with your left leg into a bow stance, toes pointing northeast. Turn the heart of your right hand up and pierce with the sword toward the east and slightly south. (Fig. 40).

Step forward with your right leg into a bow stance, toes pointing southeast. Turn the heart of your right hand down and pierce with the sword toward the east and slightly north. (Fig. 41).

Points to notes

- Bow stance must not be too narrow.
- Look towards where the sword points.
- Left and right hands move in concordance.



五、宿鸟投林 (42-44 图) 42



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44

十五、宿鸟投林 (独立上刺)

1. 向左腿，同时左手以掌缘绕圈和右颈侧柄重合。坐左腿，提右腿，脚尖直伸成垫步，剑尖斜向上，目光注视剑锋。

2. 坐左腿，右腿抬起，左腿前伸，左手配合，剑指右肩，然后上右腿，左脚提膝，脚尖自然下垂，左手配合右手举剑斜向上刺。

注意：尾闾中正，含胸拔背，上下相随，动作协调，独立时立地要稳，眼视剑尖 (图 42-44)

15 BIRD RETURNS TO THE WOOD

Raise your left leg and circle your left hand (two fingers) back (Fig 42).

Next, sit on your left leg and raise your right leg. Place your right toes forward tightly on the ground, right leg turning empty. At the same time, bring the sword and the left hand (two fingers) towards each other. The sword points diagonally upwards. Look in the direction of the sword.

Sit on your left leg while drawing back your right leg and the sword simultaneously. Left hand (two fingers) touches the hilt of the sword (Fig 43).

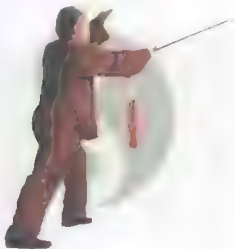
Step forward with your right leg. Raise your left knee, toes pointing downward naturally. Pierce diagonally upwards with the sword, balancing independently on one leg. Left hand (two fingers) follows the right hand (Fig 44).

Points to notes:

- Maintain a steady balance on one leg.



十六、乌龙摆尾 (45图) 45



十七、青龙出水 (46图) 46

十六、乌龙摆尾 | 虚步下截

左脚跟着地，脚尖朝东北，重心坐左脚。右脚向东南点地成虚步，同时两臂分开，剑自左方划弧下点，左手配合左上撩起。(图45)

注意：尾闾中正，含胸拔背，虚实分清，动作协调。注意剑身与右臂成一条线，左手上撩注意垂肘。

16 DRAGON SWINGS ITS TAIL

Place your left leg on the ground and sit on your left leg, toes pointing northeast. Circle the sword to your left and raise your right leg.

Place your right toes lightly on the ground towards the southeast. The right leg is empty. At the same time circle the sword to your right. Sword points diagonally downwards to your right. Left hand (two fingers) circles to your left and up (Fig 45).

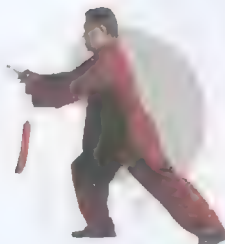
Points to notes:

- Right arm is straight, in line with the sword (Fig 45).
- Left elbow points downward.

十七、青龙出水 | 左弓步刺

收右腿1步，右手执剑从体前绕圈，左手划弧上撩，左腿向东北1步成弓步，翻腕抬剑，向东北斜上刺。(图46)

注意：动作以腰为主，尾闾中正，含胸拔背，动作协调，左手上撩时注意垂肘，弓步忌“丁”字。



十八、风卷荷叶 (47-48 图)

48

17 DRAGON EMERGES FROM WATER

Raise your right leg backwards, then step forward and sit on your right leg. Step into a bow stance with the left leg, its toes pointing to the northeast. Turn the heart of your right hand upwards and pierce diagonally upwards to the northeast with the sword. Left hand (two fingers) circles upwards (Fig 46).

Points to notes:

- Waist movement is vital.
- Left elbow points downward.

十八、风卷荷叶 (转身斜带)

31

- 1 左脚以脚跟为轴，右转 90 度，左手点右腕，右手握剑绕腕。
 - 2 抬右腿回正，左手转体斜带，挥剑向前上推，同时左脚抬后并成弓步。(图 47-48)
- 注意：整个动作以腰为主，尾剑中正，虚实分明，推剑和后蹬动作一致。

18 LOTUS LEAF BLOWN BY THE WIND

Pivot 90 degrees or more on your left heel to point your left toes to the south. At the same time, turn the sword to the left using a wrist movement. Left hand (two fingers) touches right wrist.

Raise your right leg and turn your body to the west. Place your right foot on the ground. Raise your left leg and step backwards into a bow stance while pushing the sword forward (Fig 47-48).

Points to notes:

- Waist movement is vital.
- Move the sword forward and the left leg backwards simultaneously.



十九 左右狮子摇头 (49-52 图) 49

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51

十九、左右狮子摇头 (退步左右横扫)

1. 坐左腿同时绕腕、重心左移
2. 退右腿同时绕腕、重心右坐、
3. 退左腿同时绕腕、重心左坐
4. 退右腿同时绕腕、重心右坐。(图 49-52)

注意：尾闾中正，含胸拔背，动作灵活，步法稳健，虚实分明，目随剑行

19 LION SHAKES ITS HEAD LEFT & RIGHT

Sit on your left leg and center yourself on your left leg. At the same time, turn the sword to your left using a wrist movement.

Step backwards with your right leg and center yourself on your right leg. At the same time, turn the sword to your right using a wrist movement.

Step backwards with your left leg and center yourself on your left leg. At the same time, turn the sword to your left using a wrist movement (Fig 49-52).

Points to notes:

- Keep your movements circular and relaxed.
- Clearly differentiate between solid and empty.
- Follow the sword with your eyes.



53



54



55

二十、虎抱头 (53-54 图)

二十、虎抱头 提膝捧剑

承上势，两臂呈弧形分开，同时左腿微抬，落地重心移于左腿，右腿提膝，双手捧剑，成独立式。(图 53-54)

注意：尾闾中正，动作协调，上下相随，独立时立地稳健，目随剑行

20 TIGER HOLDS ITS HEAD

Step backwards with your right leg and open your arms. Raise your left knee slightly.

Place your left foot on the ground and center yourself on your left leg. Raise your right knee until it points slightly upwards. Hold the sword with both hands while standing independently on one leg (Figures 56 & 57).

Points to notes:

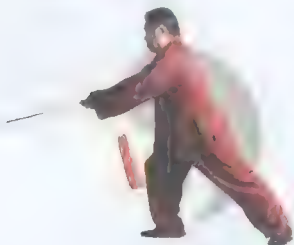
- Maintain a steady balance on one leg.
- Follow the sword with your eyes.



二十一、野马跳涧 (55-57 图) 55



56



57

二十一、野马跳涧 (垫步前远跳下刺)

下坐左腿，右腿向前上步，弹起远跳，跳起双手握剑成波浪形摆动，落地后成弓步，握剑平下刺。(图 55-57)

注意：动作基本要求与“灵猫扑鼠”大致相同，不同的是落地后弹跳要跳得远，握剑应注意平下刺。

21 WILD HORSE JUMPS OVER RIVER

Sit on your left leg and step forward with your right leg (Fig 55).

Raise your left leg and prepare to jump (Fig 56).

Jump on to your left leg, then step into a bow stance with the right leg. As you jump, move the sword up and down in a wavelike motion, then pierce downwards as you step into the bow stance (Fig 57).

Points to notes:

- Do a long jump, not a high jump.



二十二、勒马式 (58-59 图) 58

59

二十二、勒马式 | 右侧背剑式

右脚以脚跟为轴按顺时针方向转体 180 度，同时左脚左移成虚步，双手握剑自右肩外侧上绕向前平摆。(图 58-59)

注意：动作连贯，尾闾中正，配合协调，背剑时不要贴体，而应从右臂右上方绕过

22 REIN IN THE HORSE

Pivot 90 degrees on your right heel as you turn your waist 180 degrees to your left. Draw the sword over your shoulder, not directly over, but a little to the side. (Fig 58) .

Raise your left leg, then place it lightly on the ground. Raise the point of the sword as it passes over your shoulder, then point the sword forward. Place your left toes lightly on the ground (Fig 59) .

Points to notes:

- Seek concordance in arm and leg movements.
- The sword must not touch your shoulder.



十三 指南针 (60图) 60 十四 左右迎风掸尘 (61-66图) 61 62

二十三、指南针 (弓步直刺)

收左腿，同时左脚向右脚回带，左脚上步，右脚跟上，成平行开立式，双手握剑前刺 (图 60)

注意：尾闾中正，含胸拔背，虚实分清，开立时两脚平行，与肩等宽。双手握剑成弧形。

23 COMPASS

Raise your left leg backwards. At the same time, draw back the sword. (Fig. 64)

Step forward with your left leg, followed by your right leg, to stand with feet a shoulder-width apart. Using both hands, pierce forward with the sword. (Fig. 65).

Points to notes:

- Feet must be a shoulder-width apart.

二十四、左右迎风掸尘 (左右弓步拦点)

1. 垂上左步，右腿半蹲，以脚跟为轴向东南转45度，左腿提膝，脚尖自然下垂，同时剑回右带，左手配合，剑指在右膝。左腿向东北上步成弓步，绕腕向东北斜上点剑。

2. 上右腿成弓步，绕腕向东南斜上点剑。

3. 上左腿成弓步，绕腕向东北斜上点剑。(图 61-66)

注意：尾闾中正，含胸拔背，动作协调，虚实分清，眼随剑影，点剑时注意垂肘，左手配合协调。



63



64



65

24 DUSTING IN THE WIND, LEFT AND RIGHT

Sit a little on your right leg as you pivot 45 degrees on your right heel. At the same time, draw back the sword (Fig 61) .

Step into a bow stance to the northeast with your left leg. At the same time, cut with the sword to the northeast (Fig 62) .

Draw back the sword to your left, step into a bow stance to the southeast with your right leg, and cut with the sword to the southeast (Figures 63 - 64) .

Draw back the sword to your right, step into a bow stance to the northeast with your left leg and cut with the sword to the northeast (Figures 65- 66)



66

Points to notes:

- Follow the sword with your eyes.
- Left hand (two fingers) moves in concordance with the right hand.



二十五、顺水推舟 (67-70 图) 67



68



69



70

二十五、顺水推舟

(进步反刺)

1. 左脚以脚跟为轴按顺时针方向旋转，抬右腿向西北上步成弓步。翻腕挑剑，左手配合点腕。

2. 转右脚跟，提肘转腕剑尖朝上划弧至斜下，收左腿然后向前上步成弓步，向前推剑、左手配合点腕。(图 67-70)

注意：尾闾中正，含胸拔背，动作协调，虚实分清，腰腿配合协调，动作一致。

25. PUSH THE BOAT TO FOLLOW THE CURRENT

Pivot on your left heel

Raise your right leg and step into a bow stance to the northwest. Circle the sword towards the northwest using a wrist movement to lower and raise the sword.

Step into a bow stance to the southeast while pushing forward with the sword. Left hand (two fingers) touches your right wrist (Fig 67-70).

Points to notes:

- Seek concordance between waist and leg movements.



二十六、流星赶月 (71 图) 71

二十七、天马飞瀑 (72 图) 72

二十六、流星赶月「反身回点」

左脚以脚跟为轴向西旋转，双右腿向北止上步成弓步，同时分臂，划弧分剑向西点斜下点剑，左手配合，剑指后点。(图 71)

注意：动作以腰为主，尾闾中正，含胸拔背，虚实分清，动作协调，左手剑指后点时注意垂肘。

26 SHOOTING STAR CHASES THE MOON

Pivot on your left heel and raise your right leg (Fig 76) .

Step forward into a bow stance facing northwest. As you move into the bow stance, move your hands apart in an arc to cut downward. The sword points diagonally downwards to the northwest. The backward movement of the left hand (two fingers) reinforces the forward movement of the sword (Fig 71) .

Points to note:

• Your left elbow points downwards in a relaxed manner as you hold up the two fingers of your left hand.

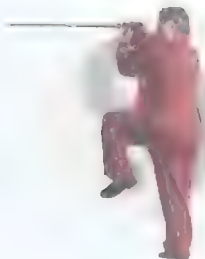
二十七、天马飞瀑「虚步点剑」

抬左腿向东南换步，右腿向南；左脚虚步，同时提剑划弧向西南斜下点剑，左手配合，剑指点于右腕。(图 72)

注意：尾闾中正，含胸拔背，动作协调，虚实分清，眼神腰腿左右手配合一致



二十八、挑帘式 (73-74 图) 73



74

27 HEAVENLY STEED FLIES VOER WATERFALL

Raise your left leg and step to the southeast .

Raise your left leg and place its toes lightly down towards the south, the right leg remaining empty. Turn the sword using a wrist movement to cut diagonally downwards in the south. Left hand (two fingers) follows the right hand to touch the right wrist (Fig 72).

Points to note:

• Eyes, waist, left hand and right hand work in concordance to effect the sword movement.

二十八、挑帘式 独立平托

右手向左绕胸，剑尖向左，向右转体，右脚尖大弓步北落地，同时左腿提膝，脚尖自然下垂，成独立式，右手划弧向上举剑，左手配合，食指点右腋。（图 73-74）

注意：转体以腰力主，动作协调，虚实分清，含胸拔背，尾闾中正，挑帘时注意左腿下坐，举剑时剑尖微向斜上（指向正南），挑帘式双手都应注意垂肘。

28 RAISE THE CURTAIN

Circle the sword leftwards to point east

Turn your body to the right and step with your right leg towards the northwest

Raise your left knee, toes pointing downward naturally. Circle the sword to your right and raise it to point forward and slightly upward. Left hand (two fingers) follows your right hand.



二十九. 左右车轮 (75-76 图) 75

76

Points to note:

- Sit on your left leg as you circle the sword to your left.
- Sword points slightly upward from the horizontal (Fig 73-74).
- Keep both elbows relaxed and pointing downward.

二十九、左右车轮 (左右轮扫，弓步前点)

左脚向左侧落地，右脚向前上步成弓步，左手和右手交叉绕圈，右手向西斜下点剑，左手剑指合并成弧形后点。(图 75-76)

注意：尾闾中正，含胸拔背，虚实分清，上下相随，点剑应注意向斜下，弓步忌“丁”字，左手剑指后点注意垂肘。

41

29 LEFT AND RIGHT WHEELS

Step forward with your left leg. Circle the sword down to your left.

Step forward with your right leg

Begin to raise the sword as you begin to shift your weight forward into a bow stance.

Circle the sword forward and down to point diagonally downwards to the west. At the same time, your left hand (two fingers) circles back and down (Fig 75-76).

Points to note:

- Hands move in coordination to reinforce sword movement.
- Sword points diagonally downwards.
- Left elbow relaxes to point downwards.



三十、燕子衔泥 (77-79 图) 77



78

三十、燕子衔泥 (虚步点剑)

退右腿左手合剑，抬左腿分剑，落左脚，上右腿，脚尖点地成虚步，左手合剑向西斜下方点剑。(图 77-79)

注意：尾闾中正，含胸拔背，动作协调，上下相随，左右手配合紧密

30 SWALLOW PICKS UP MUD

Step back with your right leg as you bring your left hand (two fingers) towards the sword (Fig 77) .

Separate your hands, then step forward with your left leg (Fig 78) .

Sitting on your left leg, touch your right toes lightly forward on the ground. Circle the sword forward to point diagonally downwards towards the west. Left hand (two fingers) is brought towards the right at the same time (Fig 79) .

Points to note:

- Synchronise the raising and lowering of the hands.
- The coordination of left and right hand movements reinforces the sword movement.



79 三十一、大鹏展翅 (80-81 图) 80

81

三十一、大鹏展翅 (撤步右横扫)

右手向左绕腕，剑尖朝南，收右腿向东北上步成弓步，同时握剑自胸前划弧，渐渐前剑，向东北斜上横点，左手配合后分。(图 80-81)

注意：动作协调，上下相随，尾闾中正，含胸拔背，左手上撩时注意垂肘，成弓步时左脚跟抬起后移，注意眼神

31 GIGANTIC BIRD (ROC) SPREADS ITS WINGS

Turning the sword to the south using a wrist movement (Fig 80) .

Raise your right leg and step into a bow stance to the northeast, pivoting your left foot on its toes. At the same time, turn the sword slowly to the northeast at chest level. Sword points diagonally upward. Left hand (two fingers) moves back as right hand moves forward (Fig 81)

Points to note:

- Raise your left heel to pivot on toes.
- Left hand (two fingers) circles backwards in concordance with right hand circling forward (Fig 81) .



三十二、海底捞月 (82-84 图) 82



83

三十二、海底捞月 (右弓步撩)

向左转左脚跟，右手向左翻腕，左手剑指点右腕，剑尖朝上，收左腿向前上步，落地后右脚向前上步成弓步，同时绕腕弧形向前撩剑，左手向后划剑，剑指上撩。(图 82-84)

注意：动作以腰为主，尾闾中正，含胸拔背，上下相随，动作协调。向前撩时注意手心向上。

32 RAISE THE MOON FROM THE SEA-BED

Pivoting on your right heel, point the sword upwards by lowering your right wrist. At the same time, touch your right wrist with your left hand (two fingers).

Raise and withdraw your left leg.

Step forward onto the left leg (Step forward) into a bow stance with your right leg. At the same time, circle the sword forward in a lifting motion. The left hand (two fingers) circles to the left and back (Fig 82-84).

Points to note:

- The heart of your right hand faces up as it is circling the sword forward.



84

三十三、怀中抱月 (85 图) 85

三十三、怀中抱月 (退步拖剑)

抬左脚，落地时重心左半，随之抬右腿脚尖点地成虚步，合身怀抱。(图 85)

注意：动作以腰为主，虚实分清，上下相随，尾闾中正，含胸拔背，怀中抱月时，剑尖朝斜上。

33 CRADLE THE MOON AGAINST YOUR CHEST

Sit on your right leg and raise your left leg (Fig. 85). Placing your left foot behind your right foot, sit on your left leg. Raise your right leg and touch the toes forward (empty). Sword points diagonally up. Left hand (two fingers) touches the sword hilt.

45

三十四、哪吒探海 (独立下刺)

收右腿向前上步，重心右移，同时右手握剑向前微缩，左腿提膝，脚尖下垂，右手握剑向斜下刺，左手配合划弧上摆，成独立式。(图 86)

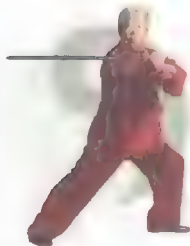
注意：动作以腰为主，尾闾中正，虚实分清，上下相随，配合紧密，下刺时握剑为掌心向上。

34 BOY BUDDHA LOOKS IN THE SEA

Raise and withdraw your right leg. At the same time, withdraw the sword slightly. Stepping forward, change your center to the right leg. Raise your left knee, toes pointing



三十四、哪吒探海 (86 图) 86



三十五、犀牛望月 (87 图) 87

downwards naturally. At the same time, pierce diagonally downwards with the sword. Circle your left hand forward as you pierce with the right. Maintain an independent balance on one leg. (Fig 86).

Points to note:

- The heart of your right hand faces up.

三十五、犀牛望月 (弓步平托剑)

左手自上而下绕画，右手托剑，双手合剑，同时左腿向东上步成弓步，此时剑尖朝西，眼神与剑尖方向一致。(图 87)

注意：尾闾中正，含胸拔背，动作协调，上下相随，眼神与剑尖方向一致，注意垂肘

35 RHINOCEROS ADMIRES THE MOON

Circle your left hand (two fingers) around to meet your right hand as it pull the sword back in a circular movement to point westward. At the same time, step to the east with your left leg. Look in the direction of the sword. (Fig 87).

Points to note:

- Look in the direction at which the sword points.
- Elbow points downwards.



三十六、射雁式 (88图) 86



三十七、青龙现爪 (89图) 89

三十六、射雁式 (虚步回抽)

抬右腿上步，重心右半，左腿向东南点步成虚步，同时右手握剑绕腕划弧至胯下，左手绕圈呈弧形前指。(图88)

注意：动作以腰为主，尾闾中正，含胸拔背，虚实分清，动作协调。剑到胯下应为剑尖朝斜下，眼望剑尖方向。

36 SHOOTING WILD GEESE

Raise your right leg and step forward to the southeast. Raise your left leg and touch the toes gently forward (empty). Circle the sword forward and back to the rest at waist level. Left hand (two fingers) circles forward. Sword points diagonally up towards the southeast. (Fig 88)

Points to note:

- Look towards where the sword points.

三十七、青龙现爪 (跟步平刺)

抬左腿上步，右脚跟步，与左脚平行，面向东南，同时双手划弧，向东南前刺。图89，

注意：尾闾中正，含胸拔背，动作协调，上下相随，平行站立时与肩等宽，前刺时注意剑尖向上微斜。



三十八，凤凰双展翅 (90-91 图) 90



91

37 DRAGON SHOWS ITS CLAWS

Raise your left leg and step forward, followed by the right leg to stand facing southeast. At the same time, open your arms, then join your hands to pierce with the sword towards the southeast (Fig 89).

Points to note:

- Sword points slightly upwards.

三十八、凤凰双展翅 (左右横扫)

左脚以脚跟为轴按逆时针方向转脚尖，右脚向西北上步成弓步，同时绕腕翻剑，渐渐向西北斜上划弧横点，左手配合后撤。(图 90-91)

38 PHOENIX SPREADS ITS WINGS

Pivoting on your left heel, raise your right leg and step to the northwest in a bow stance. Using a wrist action, circle the sword back and forward to point diagonally up towards the northwest. Left hand (two fingers) moves in the opposite direction to the right hand (Figures 90 - 91).

Points to note:

- Keep your body straight.
- Left hand reinforces the sword movement by moving backwards as the sword moves forwards.



三十九、左右跨栏 (92-94 图) 92

93

94

三十九、左右跨栏 (左右平托剑)

1. 右手绕腕，左手剑指点右腕，同时左腿向西南上步成弓步，此时握剑平放，手心同左，剑尖指向北方。(图 92-94)

注意：尾闾中正，含胸拔背，动作协调，绕腕时剑尖朝下，目光向前远视，弓步忌“丁”字步。

39 STRIDE OVER THE HURDLE

Turn down the point of the sword (Fig 92) .

Raise your left leg and step to the southwest into a bow stance. The sword points north as you move your right hand to your left, the heart of the right hand facing towards you. Left hand (two fingers) touches right wrist (Fig 93) .

Circle the right hand to point the sword to the south, with the heart of the right hand facing away from you. At the same time, step to the northwest in a bow stance with your right leg. (Fig 94) .

Points to note:

- Begin by turning the point of the sword down, then circling your right hand to the right hand to the left (Figures 92- 94) .
- Look into the distance.



四十、射雁式 (95 图)

95



四十一、白猿献果 (96 图)

96

四十、射雁式 (虚步回抽)

后退右脚并下坐，重心右移，左脚向前，脚尖点地成虚步，右手握剑绕圈至右胸旁下。(图 95)

注意：尾闾中正，含胸拔背，上下相随，动作协调，目光与左手剑指方向一致

40 SHOOTING WILD GESE

Step back with your right leg and change your center to your right leg. Raise your left leg and place the toes gently forward (empty). Circle the sword forward and back to rest at waist level. Left hand (two fingers) circles forward. Sword points diagonally up towards the northwest (Fig95).

Points to note:

- Look towards where the sword points.

四十一、白猿献果 (虚步横点剑)

左脚向南移步，面转西，右脚向西上步，脚尖点地成虚步。同时双手分合，横点托剑，面向正西，剑尖平指西方。(图 96)

注意：尾闾中正，含胸拔背，虚实分清，上下相随，动作协调。托剑时剑身略高于肩



十二、左右落花 (97-101 图)

97

98

99

41 WHITE MONKEY PRESENTS FRUIT

Step towards the southwest with your left leg as you turn towards the west opening your arms. Place your right toes gently forward towards the west (right leg empty). At the same time bring your hands together to hold the sword pointing horizontally westward. (Fig 96)

Points to note:

- The sword is held slightly above shoulder height.

51

四十二、左右落花 (左右退扫)

1. 左手剑指点右腕，配合右手绕腕，同时退左腿，后退右腿 (图 97)
2. 坐右腿，重心右移退左腿，同时双手配合，握剑绕腕 (图 98)
3. 坐左腿，重心左移退右腿，同时左手剑指点右腕，配合右手握剑绕腕 (图 99)
4. 坐右腿，重心右移退左腿，同时左手剑指点右腕，配合右手握剑绕腕 (图 100)
5. 坐左腿，重心左移退右腿，同时左手剑指点右腕，配合右手握剑绕腕 (图 101)

注意：动作以腰为主，尾闾中正，动作协调，上下相随，虚实分清，特别应注意后退时重心越坐越低 (动作一个比一个要低)。



100



101

42 A FLOWER FALLS, LEFT AND RIGHT

Touch your right wrist with your left hand (two fingers). Circle your right hand leftwards as you sit on your left leg (Fig 97).

Step backwards with your right leg. Sit on your right leg. Move your right hand to the right. (Fig 97).

Step backwards with your left leg. Sit on your left leg. Move your right hand to the left (Fig 98).

Step backwards with your right leg. Sit on your right leg. Move your right hand to the right (Fig 99).

Step backwards with your left leg. Sit on your left leg. Move your right hand to the left (Fig 100).

Step backwards with your right leg. Sit on your right leg. Move your right hand to the right (Fig 101).

Points to note:

- Sit lower with each step.



四十三、玉女穿梭 (102-103 图) 102



103

四十三、玉女穿梭 (斜身弓步下刺)

收左腿向南上步成弓步，同时绕腕向南斜下刺，左手划弧上撩 (图 102-103)

注意：动作协调，上下相随，弓步忌“丁”字，上撩时注意垂肘

43 FAIR LADY WORKS THE SHUTTLE

Step into a bow stance towards the south with your left leg. At the same time, pierce diagonally downwards with the sword towards the south. Left hand (two fingers) circles upwards (Figures 102 - 103).

Points to note:

- Left elbow relaxes to point down.



四十四、白虎搅尾 (104-105 图) 104



105

四十四、白虎搅尾 (转身上挑)

1. 左脚以脚跟为轴右转，坐左腿，同时右手转腕，左手点腕，手心向右，剑尖平指东方。(图 104)

2. 抬右脚向北上步，转身成弓步，同时右手握剑，剑尖朝下划弧，向上挑剑。(图 105)

注意：动作以腰为主，尾闾中正，动作协调，上下相随，含胸拔背，定势后剑尖朝上，眼视前方。

44 WHITE TIGER SWINGS ITS TAIL

Pivot on your left heel and sit on your left leg. At the same time, turn the sword to the left with a wrist action. Left hand (two fingers) touches the right wrist (Fig 104).

Step to the north with right leg into a bow stance. Circle the sword towards the north, raise it with a wrist action to point upwards (Fig 105).

Points to note:

- The sword is vertical.



四十五、鱼跳龙门 (106-111 图) 106



107

四十五、鱼跳龙门

(垫步上跳前下刺)

1. 抬左腿微向西上步 (脚尖朝西南), 同时两臂分开, 右腿提膝, 脚尖自然下垂, 合手抱剑成独立式: (图 106)

2. 左腿下坐, 剑向回缩, 右脚上步, 落地向上弹跳, 弹跳时剑成波浪形摆动, 落地成弓步, 双手抱剑前刺: (图 107-111)

注意: 尾闾中正, 动作协调, 含胸拔背, 上下相随。落地弹跳要高, 区别灵猫扑鼠 (朝下) 和野马跳涧 (向前)。



108

45 FISH JUMPS OVER THE DRAGON GATE

Raise your left leg and step westward with the toes pointing southwest. Open your arms. Raise your right knee, toes pointing downward naturally. Hold the sword with both hands. Balance independently on one leg.

Sit on your left leg.



109



110



111

Withdraw the sword slightly. Place your right foot forward gently on the ground .

Chang your center to your right leg. Raise your left leg and prepare to jump .

Jump forward onto your left leg then step into a bow stance with your right leg. As you jump, raise and lower the sword in a wavelike movement. As you step into a bow stance, pierce forward and down using both hands (Fig 106-111) .

Points to note:

• Jump high rather than far.



四十六 左右乌龙绞柱 (112~114 图)

112

113

114

四十六 左右乌龙绞柱 (左绞扫、右绞点)

屈左腿，左手剑指点右腕，右手抬剑向左绕圈，同时收右腿向前上步，脚尖向西偏，随之左脚向西上步，转体平右腿，反腕向东北斜点，同时左手一分 (图 112~114)。

注意：动作以腰为主，尾闾中正，虚实分清，上下相随，动作协调，眼视剑尖，剑尖指向东北斜下，后撩时注意垂肘，剑指上翘。

46 DRAGON WRAPS AROUND PILLAR

Sit on your left leg. Touch your right wrist with your left hand (two fingers). Circle the sword leftwards. Raise your right leg and step towards the northeast. Raise your left leg and step back towards the west. At the same time, sit on your right leg, turn your body to face northeast and circle the sword rightwards to point diagonally downwards towards the northeast. Left hand (two fingers) circles back (Fig 112-114).

Points to note:

- Look in the direction of the sword.
- The sword points diagonally downwards towards the northeast.
- Left hand (two fingers) points up.



四十七、仙人指路 (115-116 图) 115



116

四十七、仙人指路 (弓步斜下刺)

左手和左腿同时后收，左腿1步，左手绕圈1撩（重心左移），右脚1步成弓步。同时右手握剑绕圈，转体向西前刺。(图 115-116)

注意：动作以腰为主，尾闾中正，含胸拔背，上下相随，动作协调。前刺时手心向上，后撩时注意垂肘。

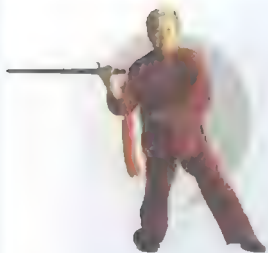
47 FAIRY SHOWS THE WAY

Circle your left hand (two fingers) rightwards towards the sword. At the same time raise your left leg (Fig 115).

Taking two steps towards the west, step into a bow stance with the right leg forward. Turning your body to the left, pierce forward with the sword. At the same time, circle your left hand (two fingers) back (Fig 116).

Points to note:

- The heart of your right hand faces upwards.



四十八 朝天一柱香 (117-118 图) 117



118

四十八 朝天一柱香 (弓步竖剑)

右腿以脚跟为轴按顺时针方向旋转，左手肘向下绕圈上撩，收右膝同左上步成弓步，面朝南方，同时右手抬剑，剑尖朝上向右划弧与左手汇合。左手剑指立右腕，此肘剑尖朝上，手心向里，剑身倒竖。(图 117-118)

注意：动作以腰为主，尾闾中正，含胸拔背，动作协调，上下相随，注意定势时剑身偏在身体左侧，注意垂肘。

48. WORSHIP THE SKY WITH ONE INCENSE STICK

59

Pivot on your right heel, raise your left leg and step towards the east into a bow stance (Fig 117).

At the same time, circle your left hand (two fingers) to touch your right wrist. The sword points upwards vertically. The heart of the right hand faces towards you. (Fig 118)

Points to note:

- The sword is positioned slightly to the left of center.
- Both elbows point downwards naturally.



四十九、风扫梅花 (119-121 图) 119



120

四十九、风扫梅花 (旋转平扫)

1. 左脚以脚跟为轴按顺时针方向转脚尖，同时向东转腕，手心向下，剑尖朝东。(图 119)

2. 收右腿随之脚跟着地，重心右移，以右脚前掌为轴转体 360 度，同时双臂渐开。左脚落地，重心左移，右脚向前，脚尖点地成虚步，横点抱剑。(图 120-121)

注意：动作以腰为主，尾闾中正，动作协调，转体注意要旋转 360 度，转体同时两臂渐开。

49 WIND SWEEPS THE PLUM FLOWER

Pivot on your left heel. Turn the sword to point horizontally to the east. The heart of your right hand faces downwards.

Raise your right leg, step on to your right heel and pivot to your right.

Changing your center to your right leg, sweep your left leg around to the east and open your arms at the same time.

Changing your center to your left leg and place your right toes forward gently on the ground (empty). Hold the sword with both hands to point forward (Fig 119-121).

Points to note:

- Turn your body 360 degrees.
- As you turn, open your arms slowly.



121 五十、牙笏式 (122-123 图)



122



123

五十、牙笏式 (上步前上刺)

双手回缩，同时收右脚上步，左脚跟上与右脚平行，脚尖向前，与肩等宽，抱剑前刺时剑尖微朝前上。(图 122-123)

50 HOLDING AN IVORY TABLET

Withdraw the sword slightly as you withdraw your right leg (Fig 122) .

Step forward with your right leg, followed by your left leg to stand in a shoulder-width stance. Pierce forward with the sword using both hands (Fig 123)

Points to note:

- Your feet should be a shoulder-width apart.
- The sword should point slightly upwards.





五十一、抱剑归原 (124-126 图) 124

125

126

五十一、抱剑归原

剑交左手抱剑，绕圈还原。同时右手绕圈，右掌自然垂于身体右侧，还原起势。(图 124-126)

注意：尾闾中正，含胸拔背，眼视前方。动作协调，呼吸自然。脚尖向前，双脚与肩等宽，平行，自然站立。

51 RETURN TO THE START TO FINISH

Change the sword to your left hand (Fig 124) .

Hold out your hands, palms upwards (Fig 125) .

Circle both hands at 45 degrees and throw them to your sides, returning to the position at Fig 3 (Fig 126) .

Points to note:

- Your toes should point straight ahead.
- Your feet should be a shoulder-width apart. Stand naturally.



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